

Brain Injury Press

Our Mission is to improve the quality of life for brain injury survivors and their families living in San Diego County.

November 2014, Issue 233 Serving brain injury survivors and their families since 1983

In This Issue

Celebrating Our Move	1
Foundation News	2
Friendraiser	3
Founder of SDBIF	4
Saturday Meetings	5&6
Friends of SDBIF	7

Save The Date

Holiday Party,
 Saturday, December 20, 2014
 10 am – noon
 Joyce Beers Community Center,
 3900 Vermont Street,
 San Diego, CA 92103

**Survive HEADSTRONG
 Walk For Recovery,**
 Saturday, March 21, 2015,
 Mission Bay Park, De Anza Cove,
 Build a Team and register on line!
www.sdbif.org/walk

30th Annual Golf Classic,
 Monday, April 27, 2015,
 Country Club of
 Rancho Bernardo

**Every year
 brain injury
 affects more than
 11,000 people in
 San Diego County
 alone.**

CELEBRATING OUR MOVE TO LIBERTY STATION

The San Diego Brain Injury Foundation has relocated to Liberty Station. At the end of August we made our move from Mission Valley to NTC Arts & Culture District in Liberty Station. Twenty-six historic buildings at the former Naval Training Center were renovated to create a broad-based complex focused on experiencing the arts, culture and creativity. SDBIF is one of several non-profits included in the complex serving the community.



Kyle Bowen

Being at Liberty Station has opened up lots of opportunities for building community awareness about brain injury. “Friday Night Liberty” is one of the biggest and most interactive arts nights in San Diego. If you have never been to a First Friday, you should check it out. The Foundation has begun featuring artists that have suffered a brain injury every First Friday of the month from 5–8 pm. Kyle Bowen was our first featured artist on November 7. **Mark your calendar for December 5, when Christina Hardy will be featured with her beautiful hand-blown glass art.** Visit other artist's studios, galleries and events with free parking and free admission.

On November 1, SDBIF participated with other organizations and galleries for the Day of the Dead or “Dia de Los Muertos” by building an altar honoring brain injury survivors, their families and professionals whom we have lost over the years. People came to honor their memory of loved ones.



In the future, the Foundation hopes to offer volunteer opportunities to survivors through the NTC Foundation and other non-profit organizations in the complex. Watch for details in future newsletters.



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The Brain Injury Press

A publication that reports on what's going on in San Diego and around the country in support of brain injury survivors and their families. We welcome suggestions and articles by readers.

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Foundation News:

The Board of Directors would like to welcome David D'Cruz and Cecilia Romo as new members of the board. Cecilia is the parent of a survivor, Andrea, who sustained a brain injury in a car accident in 2000. Cecilia served on the board from 2009–2011, and during that time helped with some of the first walks and was very instrumental in starting the South Bay Spanish Speaking support group. She hopes to continue to build awareness and educate the Hispanic community about the resources available through the S.D. Brain injury Foundation.

David D'Cruz comes to us with a business and management background in the medical device industry. He and his wife have participated in our Annual Golf Classic for many years and have served on the golf committee. The board is excited to have both David and Cecilia as new members.

Become our Fan on Facebook and help raise awareness and support for the SDBIF.

Our Facebook page can be found at <http://tinyurl.com/sdbif-fan> or log into your facebook account and type

San Diego Brain Injury Foundation in the search.

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Join an increasing number of people who are making a recurring donation. Make a monthly pledge at SDBIF.ORG/PLEDGE4RECOVERY. Any amount you are able to give will help. By donating online, you can help make a difference—no matter how big or how small. Every penny counts and helps us continue to provide survivors of brain injury with opportunities to continue their recovery to their greatest potential; and to be welcomed back into the community.



FRIENDRAISER 2014

Over 200 friends of the San Diego Brain Injury Foundation crowded onto the terrace at the Mission Trails Regional Park September 20th to enjoy a beautiful evening under the stars with the music of Jeff and Herb. People enjoyed dancing, wine tasting, stargazing with members of the S.D. Astronomy Association, shopping with our featured artists and bidding on exciting items from the silent auction.

Dr. Dan Gardner, a member of our Advisory Council, commented, "I really look forward to this event every year. It is the one time I get to see so many members of the brain injury community." Many look forward to the evening when medical professionals, attorneys, family members, friends and survivors meet, catch up, and enjoy time together.

This year, the foundation raised over \$23,000. Proceeds go to cover services provided by the Foundation such as our free support groups, the telephone helpline, the website, Howard House, and the Brain Injury Press. Thank you to our sponsors, our Honorary Committee, the artists, silent auction donors, our committee and volunteers and all of you who attended our event.



Friendraiser 2014



Save the date for next year's Friendraiser: September 19, 2015

SPECIAL THANKS TO OUR SPONSORS

Alvarado Hospital Medical Center / San Diego Rehab Institute,
Scott & Betsy Boney, The deRose Foundation,
Jerry & Jill Hall Charitable Fund,
Learning Services - Southern CA Campus, Escondido
Mary & Stephen Lewis, Dotty Ryder, The Smolin Family,
Southern Caregiver Resource Center, The Westreich Foundation.

THANKS TO OUR HONORARY COMMITTEE

Christine Baser, R.N., Ph.D.
Kyle Coopridner
Dan Gardner, M.D.
David Goldin, Esq.
Amy Magnusson, M.D.
Ralph Greenspan, Ph.D. & Dani Grady
Thomas & Maureen Hanifin
Lawrence Marshall, M.D.
Jerome Stenehjem, M.D.
Ron Ruff, Ph.D.
Barbara Welsh-Osga, Ph.D.

THANKS TO OUR FEATURED ARTISTS

Barbara Bates – handmade bound journals & origami
Kyle Bowen - Mandela art
Teresa Price – jewelry (in honor of survivor Haley Brown)
Deborah Consaul – handmade cards
Christina Hardy – blown glass
Sam Laisure – photography
Kurt Rotzinger – oil & watercolor paintings
Michelle Schaefer – sculpture & Paintings
Silver Becerra – original artwork
Vincent Felice - original artwork
(in honor of survivor Angela Felice)

SPECIAL THANKS TO

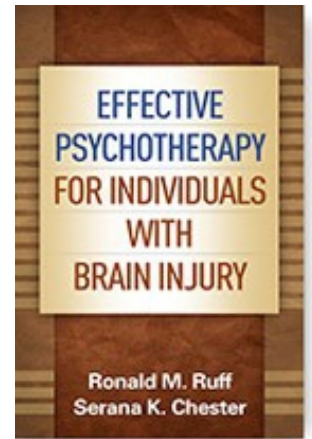
California Pizza Kitchen, La Jolla, Cupcake Store,
Eric K. James Vineyards, Ferrari-Carano Vineyards and Winery,
The French Gourmet, Honig Vineyard & Winery,
Jeff & Herb – musicians,
Jay Wilson, Executive Director, Mission Trails Regional Park,
Kim Villanueva – Honig Wine, Linda Klers, Soroptomist,
Members of the San Diego Flute Circle,
San Diego Astronomy Association, Souplantation, Point Loma,
Hometown Buffet, South Coast Winery

FOUNDER OF SDBIF PUBLISHES BOOK ON BRAIN INJURY

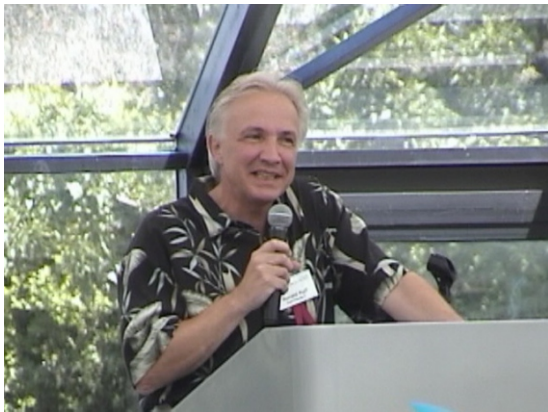
Effective Psychotherapy for Individuals with Brain Injury by Ronald M. Ruff and Serana K. Chester is now available through Guilford Press or the following link to the book's webpage. By visiting the website, one may purchase the book at a 15% discount and see more information about the volume along with reviews of the book.

WEBSITE LINK:

<http://www.guilford.com/books/Effective-Psychotherapy-for-Individuals-with-Brain-Injury/Ruff-Chester/9781462516780>



This book grew out of Dr. Ruff starting to provide psychotherapy to TBI patients with Richard Green and Randy Evans in the early 1980's in San Diego. These group treatments provided the impetus for starting the San Diego Brain Injury Foundation.



Dr. Ronald Ruff accepting an award as one of the founding members of SDBIF in July, 2003 at the 20th Anniversary celebration at SeaWorld.

Combining scientific expertise with psychotherapeutic acumen, this book is highly accessible and packed with clinical tools. Part I provides essential information on how acquired brain injury affects emotional functioning. Part II describes practical, specially tailored ways to treat anxiety, depression, and anger related to brain damage, and to help patients regain a sense of meaning and value in their lives. The book shows how standard psychotherapeutic interventions can be adapted for the brain-injured population, as well as which approaches may be contraindicated. It presents a biopsychosocial framework for assessment and treatment that integrates emotional support, cognitive-behavioral techniques, and acceptance- and mindfulness-based strategies.



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- Specializes in litigation with emphasis on serious brain injury cases
- Personal concern for brain injury survivors and their caregivers

Brain Injury



Is Not An Illusion



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SDBIF SATURDAY MEETINGS

JOYCE BEERS COMMUNITY
CENTER
10 am – noon

January 17, 2015:
Changes in Medi-Cal Because of Managed Care—Todd Higgins, Advocate, Disability Rights California. What is Medi-Cal Managed Care? How will my medical care change because of Medi-Cal Managed Care and how can I appeal a decision once enrolled in Medi-Cal Managed Care. All of this will be covered in Todd's presentation.

February 21, 2015:

The BRAIN Initiative (Brain Research through Advancing Innovative Neurotechnologies)— Ralph Greenspan, Ph.D., founding Director, Center for Brain Activity Mapping, and Associate Director, The Kavli Institute along with Dani Grady, Advocate for Brain Injury Survivors. Mapping the brain will improve diagnosis and treatment for all brain disorders. Come hear the update on this project which is being done at UCSD.

THERE WILL BE
NO SATURDAY MEETING
IN MARCH

JOIN US SATURDAY,
MARCH 21,
FOR THE 8TH ANNUAL
WALK FOR RECOVERY

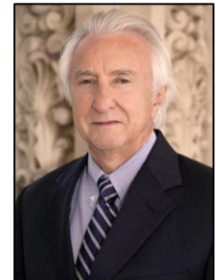
Fund raise, build a team
and register on line.



Attorney Aline I. Gaba, Esq.

San Diego Disability Law Group

*Helping brain injury survivors and their families
for over 35 years*



Attorney George C. Heppner, Esq.

Personal Injury

If you or a loved one has suffered a traumatic brain injury, you may have legal remedies available to you. These can include money for medical expenses, long-term medical care and rehabilitation, lost wages, pain, suffering and emotional distress. Brain injuries are often difficult to prove, and they require the experience and expertise of a qualified brain injury attorney.

Social Security Disability

Social Security Disability is governed by complicated rules and regulations. To understand these rules and regulations, you need to speak the language of the Social Security Administration. We understand how important it is to present a claim correctly from the outset, and your chances of obtaining benefits improve with the help of an experienced disability attorney.

To receive a free case review from an experienced attorney, please call:

Toll free: (888) 503-6473 Phone: (619) 338-9000

San Diego Disability Law Group
1901 First Ave., Ste. 104, San Diego, CA 92101
www.sddisabilitylawgroup.com

SDBIF SATURDAY MEETINGS CONTINUED

North County Meetings will begin in April—always the 2nd Saturday of the month from 10 am—noon.

Meetings are held in the conference center at Scripps Hospital in Encinitas.

COUPLES GROUP FOR BRAIN INJURY SURVIVORS

Connect with others who are experiencing the same emotions. Share information about new research and medication. Develop new friends. Meets the second Sunday of the month for potluck and discussion. For more information, call 619-294-6541 or e-mail us at susan@sdbif.org.

UPCOMING SUPPORT GROUP FOR PARENTS OF CHILDREN AND ADOLESCENTS WITH TBI

SDBIF wants you to know that you are not alone in facing the challenges associated with raising a child or adolescent with a TBI! We are interested in starting a parent group to provide information on issues related to brain injury, offer strategies and techniques, and provide support as you navigate through this new and unfamiliar journey of raising a young person with a TBI. Meeting other parents with similar challenges and frustrations as well as having the opportunity to share ideas, solutions, and hope for the future will help to empower everyone.

If you are interested in joining a group and meeting other parents, call the SDBIF office at 619-294-6541.

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“Supporting SDBIF is important to me, and by donating online in small monthly amounts, I can afford to give a bit more than if I were to just write a big check. It saves SDBIF money, too, and makes it easier for them to budget. I love that I don't have to try to remember... it just comes right out of my account every month. I can sit back, secure in the knowledge that my money is helping to make a difference!”

- Toni Biggs

We would like to extend our sincere gratitude to the Keith Family Fund, a donor advised fund of the California Community Foundation, for their generous grant. The Keith Family Fund has provided funds to subsidize the cost of long-term care for a resident at Howard House. It is the intention that the fund's distributions will lessen the economic hardship to families who are dedicated to the health and well-being of their injured loved ones. We are so appreciative of this opportunity.



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**Holiday Party
Saturday,
December 20, 2014**

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Olympians	\$1,000	\$2,499
Heroes	\$250	\$999
Angels	\$20	\$249

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Membership: Brain Injury Survivor first year is free. Family/Friend/Student: \$30. Professional: \$50. Organization: \$100.

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